



## HELENA SCHOOL DISTRICT INDIAN EDUCATION



March, 2020

### **INDIGENOUS NEWS NOW**

Aaniin, Boozhoo (Hello),

The winter solstice has come and gone. The winter months are the time for stories, ceremonies, dances and games. During the long cold wintry nights, tribes from all over sit and tell stories to their children. These stories don't last a few minutes or hours, but go on for days. Life lessons are taught about how to respect, love, have humility, truth, honesty, bravery and wisdom. These teachings give balance to oneself through our intellectual, emotional, physical, and spiritual experiences. Winter ceremonies and dances take place to rejuvenate the people for the spring to come and to give thanks for the things they endured throughout the year.

Now, we are approaching the spring equinox. Spring is for all things new. Everyone knows the feeling of "spring fever": we get cabin fever and want to clean everything in sight. It is the feeling of new clean things among us. It is the same for native tribes. It is the rebirth of mother earth. It is a time of balance where the sun and the moon share the same time of day and night. Mother earth is connected to everything in life. We as humans are made up of 60% water, as the earth is also made up of water. As women, we give birth to babies and our water breaks when it is time to deliver our new baby; the earth is the same way. In the spring, the water begins to flow and is connected to the lakes, streams, and rivers. The water of mother earth is recognized as the blood of the earth and the rivers and streams are the veins to lakes and oceans. When the water is affected, the earth is sick. We as humans work the same way, everything is connected. Spring is the time for flowers, trees, berries, and medicine to bud. It is also a time for the animals to come out of hibernation. We give thanks and pay respect to all things in life.

Amanda WalkingChild

## NEWS

I am happy to say that we now have a full staff for our Indian Ed Title VI tutor program. Here are the tutors and their location:

Helena High- Terri Johnson

Capital High – Joseph Pichardo

PAL - Joseph Pichardo

Helena Middle School – EJ Lowney

CR Anderson – Jayden Tripp

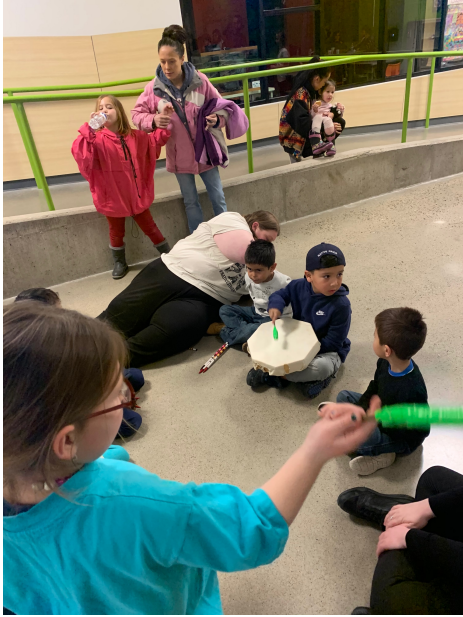
Bryant, Smith, Hawthorne, Four Georgians – Emily Forsman

Rossiter, Jim Darcy, Central, Kessler, Broadwater – Arielle Bishop

Warren, Jefferson – Amanda WalkingChild



This was family night back in January.



Here our kids were learning to play stickgame with the assistance of Terri Johnson and Emily Forsman.

### **Educational Resources**

A lesson plans to teach about the use of the buffalo, along with some informational videos for students or ice breakers for teachers:

<https://montana.pbslearningmedia.org/resource/boardng-schools/activity-starter-boardng-schools/>

### **Upcoming events**

March 12, 2020 – Title VI Parent Advisory Committee Meeting at Central, 5-7 pm

March 10, 2020 – IEFA Liaison Meeting at CR Anderson, 4-5 pm

March 19, 2020 – Spring Equinox

March 30 – April 5 – SPRING BREAK!

April 30, 2020 – Family Night